

# artmilk's newsletter **cream**



07-33531741 [www.artmilk.com.au](http://www.artmilk.com.au) [info@artmilk.com.au](mailto:info@artmilk.com.au) **no 10. august 06**

inspiring supporting advocating and promoting artists art-making and creativity

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Hi Everyone,

I hope you enjoy perusing the latest artmilk newsletter, with its new name 'cream'. Its fast becoming the heartbeat of artmilk and this edition brings you art announcements, exhibiting tips, new skills to consider, articles written by your peers plus lots more. Scroll down to see this extraordinary library of inspiration and pick up ideas that you can use in your own practice, magnify your skills and your creative inspiration! Please keep me posted re all your news, as I am always interested in hearing about your successes and endeavors and just basically what you are up to. If there are particular areas of interest that you would like included in this newsletter, or through artmilk, courses workshops etc, same goes, just drop me a line...So enjoy, remember to be wildly, wildly daring and creative whether you paint, write, draw, sew, stick, rip, tear, photograph, sculpt or all of the above...

Cheers to all ...

A handwritten signature in dark ink, reading 'Majena' with a stylized flourish at the end.

Majena Mafe

### helpful items for new subscribers:

**artmilk** is an independent art-school offering an innovative arts program and portfolio of services for creative artists and writers and indeed anyone interested in supporting their creative development. Artmilk's services include mentoring, workshops and classes, and art tours. As an aside artmilk supports, encourages and helps builds arts communities.

Majena Mafe (BA V Art Hon. MFA V Art.), the founder of artmilk is a visual artist, and performer, poet and writer, art and writing teacher with over 20 years experience, art-therapist, mentor, career coach and artists advocate (pew) - is a gal with a broad area of interests that circle round creativity, passion and wonder.

'... a quote I heard years ago by Albert Einstein ... 'if you can't stand and look out in wonder, than you're as good as dead...' has been my personal touchstone and inspiration, getting me motivated to do all sorts of things in pursuit of that delight in my own life and facilitating and instigating it in the lives of others! In my own creative arena I work with text, voice and image and have been exhibiting and performing both nationally and internationally for the past twenty five years. Through artmilk now and my teaching I have worked with thousands of artists and creative individuals helping them find their way. I travel nationally and internationally, mentoring, teaching and giving workshops on a wide range of art and creativity related areas. My passion is the wonder found in creativity. I help people take control of their creative lives and their art careers, showing them how to survive and prosper'.

### inspiring quotes:

from Louise Bourgeois



Anticipation

Once I was beset by anxiety but I pushed the fear away by studying the sky, determining when the moon would come out and where the sun would appear in the morning.

Art

Art is manipulation without intervention.

Art is a guarantee of sanity. That is the most important thing I have said.

The Ego

I am not what I am, I am what I do with my hands.

Peace

The grid is very peaceful. Nothing can go wrong. Everything is complete.

Recognition

Everywhere in the modern world there is neglect, the need to be recognized, which is not satisfied. Art is a way of recognizing oneself, which is why it will always be modern.

Sculpture

It is a great privilege to be able to work with, and I suppose work off, my feelings through sculpture.

The Subject

Sometimes it is necessary to make a confrontation – and I like that.



**NEWS: phone mentoring is now available in Brisbane and interstate**

#### **Artmilk on the Phone- Mentoring and Artist Career Phone Consultations**

Artists at all stages of their development benefit and grow with encouragement and support, sound advice and good clear information. For beginning artists a strong body of work is your first priority. Getting in touch with your areas of interest and your uniqueness are your first task, followed by the development of a strong and clear line of research that inspires and supports your development. Technique then follows, as does artists to reference, the development of ways of working, an overall plan, dealing with difficulties that arise, setting up a studio etc all important parts of beginning your life as an artist.

Once established, emerging artists then require assistance in the basics of launching a professional career — from folio development and presentations to booking galleries, to generating career opportunities, commissions and sales, navigating through the seemingly mysterious corridors of the art world not to mention the art market. At this

stage you will need to learn how to build a career at the same time as consolidate and sustain your art practice.

All these needs are addressed through **artmilks mentoring, art marketing and career development service...**

Help is also provided for established artists re-launching their careers, plan B or C or even D is put into place...advice is provided on artists blocks, resolving sensitive or intricate business relationships including approaching, leaving or changing galleries. These consultations are structured to help artists find their unique individual market and audiences, to become even more visible and business savvy, and to develop local, regional, national and international connections. Advice and guidance are provided on overall career strategies and planning, focusing on all of the various components of an artist's professional development.

Always tailored to the individual artist and their needs and priorities, artmilk mentoring, both in-person or phone consultations are becoming 'the way' to move effectively and quickly move through the emerging artist category/territory.

Past and present artmilk clients cover people of all ages and walks of life, all types of artists, both avant-garde, modern and traditional, painters, illustrators, designers, fabric artists, performance artists, street artists, photographers, sculptors, printmakers, fashion designers, art therapists, high school art teachers, poets, writers, singers, and musicians...these people have gone on to build successful careers, creating fabulous ideas and bodies of work, printed books, have successful exhibitions, gone on to run galleries themselves, be accepted into prestigious national art awards and competitions, exhibit overseas, become successful applicants for grants, be accepted into visual arts masters degrees both within Australian and overseas, set up art related business, set up fine art printing shops, be selected for overseas residencies, plus lots more.

### **Consultation Fees**

#### **Phone Consultations**

Phone consultations are \$65 per hour plus the cost of the call. To arrange an initial phone consultation, please send me your details and a [registration form](#), plus your art details as they stand at the moment, don't worry if they are incomplete, that completion can be achieved as part of the mentoring/career advice. But you could include for example, your artist's résumé, slides, photographs or photo copies, your artist's statement, price list, and your artist's biography. Please send in a self addresses and stamped envelope for the return of your materials. I accept checks or Postal Orders. Upon receipt of your materials, I will contact you by phone or e-mail to arrange a phone appointment. I will be happy to view your Web site prior to a consultation, but I need hard copies of the above described materials via snail mail.

Phone consultations are also geared to assist artists in need of immediate feedback.

...

#### **'In your studio' artmilk consultations (within Brisbane)**

Visits to artist's studios can now also be arranged for in depth feedback on large or current work. Cost is \$85.00 per hour.

**announcements, exhibitions, grants etc:**



## opportunities

### artworkers award 2006

Entries are now open for the **2006 Artworkers Award**, open to Queensland artists practicing in all media. This year Raw Space Gallery will be sponsoring an additional award, which will provide a selected artist an all expenses paid exhibition at the gallery in 2007. Entries close **Monday 28 August**. Entry forms and terms & conditions can be downloaded from [www.artworkers.org](http://www.artworkers.org) Enquiries ph: 07 3215 0850 or 1300 780 291 (if outside Brisbane).

### life after uni - covering your ars

This session is an introductory guide to insurance, liability, public indemnity, copyright, moral rights and contract issues, where to start and where to go to get more information. Guest Speaker: **Jo Dwyer** (Arts Law Queensland). **Covering Your Arts** is on **Wednesday 23 August**. 6-7pm. QUT Art Museum, Gardens Point, 2 George Street Brisbane.

### individual consultations with nick tsoutas

Wanting critical feedback on your practice? Next on the line-up for the Artworkers Individual Consultations Program is **Nick Tsoutas**, Director of the Casula Powerhouse Arts Centre, Sydney. Consultations will be provided to applicants whose work and career development will gain the most benefit from consultation with the nominated professional. Members unable to attend in person can participate via phone; members based outside of Brisbane are encouraged to apply. Free for members, \$35 for non-members. To be considered, fill out the application form at [Artworkers Individual Consultations](http://Artworkers Individual Consultations) and email to [info@artworkers.org](mailto:info@artworkers.org) by the date specified.

**with** Nick Tsoutas

**position** Casula Powerhouse Arts Centre, Sydney

**what** 45 mins individual consultations

**where** Board Room, Level 1/381 Brunswick St, Fortitude Valley.

**when** 10am-5pm, Monday 25 September

**how much** free for members, \$35 non-members

**applications due** Monday 11 September

### artists house for sale:

Dream artists retreat in the country, for sale...[www.tamandari.com](http://www.tamandari.com), for details

### grants...It's coming up to grant season again...

#### Asia Link Grants

Initiating cultural and artistic exchange between Australia and the countries of Asia.  
[www.asialink.unimelb.edu.au/arts](http://www.asialink.unimelb.edu.au/arts) due Sept 1 2006

#### Queensland Government Project Grants

[http://www.arts.qld.gov.au/funding\\_info\\_new.asp](http://www.arts.qld.gov.au/funding_info_new.asp) due Sept 1

**artmilk workshops and classes: two new studio classes are starting soon**

**studio class & advanced studio class**



What's the difference? The emphasis and the level of information and feedback

**Artmilk studio classes 20 Sept - 6 Dec Wednesday mornings 9.30-12.30**

In the artmilk studio classes focus is on getting your arts practice started, creating a body of work, learning how to research for ideas, get over the hurdles (artist's blocks) that might get in the way, setting up a supportive environment and attitude and get good feedback and advice on what your producing and on the steps to take to develop your new work. 12 week semester.

**Artmilk advanced studio classes 21 Sept - 6 Dec Tuesday mornings 9.30-12.30**

In the artmilk advanced studio classes the emphasis is geared towards those artists whose practice is up and running, who know their area of interest, and what they are wishing to develop and achieve and on consolidating their practices. This class is for artists who want help in developing their work in some depth, especially in terms of a contemporary frame work. It will cover an in-depth focus on research and ideas, plus setting up gallery contacts and general professional practice issues. 12 week semester.

These ongoing classes offer emerging artists feedback, support, inspiration and information about their own and other artists contemporary art practice with an emphasis on professional development. Learn how to develop a strong body of work, overcome hurdles in your practice, learn to research, understand contemporary issues, develop promotional material, CV's, artists statements, an artist's folio, etc. and learn how to discuss artwork in a fun and supportive studio environment.

**Cost for a 12 week semester \$390.00 around \$33.00 per class**

To book or make enquiries please contact majena on 33531741 or email [info@artmilk.com.au](mailto:info@artmilk.com.au) for information and bookings. Be quick!!

## workshops

### **art puppet/doll workshop 16-17 September 9.30-4.00**

This workshop will introduce you to a range of expressionist approaches to making 3D art puppet/doll figures. A range of approaches from those like Mirka Mora's fabric painted-doll techniques to Paul Klee's plaster puppets will be explored leading up to the making of a number of different and experimental dolls and figures. Not for the china doll brigade, these forms will be wild, imaginative and might even verge on the X rated! To book or make enquiries please contact majena on 33531741 or email [info@artmilk.com.au](mailto:info@artmilk.com.au) for information and bookings. Cost including some materials **290.00**

## personal experience:

### **I'm an artist every day- Susan Buret**

The Home page of my website says Susan Buret is an artist living and working in Brisbane. And it's true! I no longer mumble the word artist or imagine there are inverted commas around it. I AM an artist and I do work. It is my profession, my passion and something I wake to with excitement every day.

Three years ago I sold my business and decided I would like to try painting full time. I had done a few classes at the Brisbane Institute of Art and a Winter School at McGregor. I enjoyed the process of painting but didn't really know what to paint or why.

I enrolled in one of Jena's classes and suddenly another door opened. I was shown the works of lots of interesting artists. Encouraged to find and research those I really liked. I found my voice I learned what I wanted to do, the techniques to produce the images and also how to recognize the thoughts and ideas that underpinned my work.

Once I could produce works that I was proud of I wanted to show. I was still shy with other 'real artists', nervous of talking about my work and insecure because of my lack of a tertiary qualification in the field.

I continued to study with Jena enrolling in Advanced Studio and having mentoring sessions to focus on particular areas of my practice. I learned how to write an artist's statement, how to talk about my work and how to prepare submissions and a portfolio. With Jena's encouragement and guidance I entered competitions and submitted proposals to galleries. I also worked at my practice every day.

Last year I managed to have work accepted in two major national competitions and last week was the biggest week in my career. I had two shows open. I had a consultation with a leading Gallery Director from Sydney and I approached a gallery director from the United States and have a show there next March.

None of this would have been possible without Jena's teaching, generosity, guidance and something extra. It's a quality that all good teachers share I don't know what it's called but it's a magical gift and I feel very lucky and honored to have experienced it.

Not everyone wants to be as career-driven as I am but we all want to experience the joy of a rich and fulfilling practice. I feel I am doing this now every day.

Susan Buret 26 July 2006

### **Italy Trip - a letter from Lyn Williamson**

Hello Majena, I hope you had a great and inspirational time in Italy. I know I had a wonderful time and met a lot of like minded Italian artists in my time away. I thought this would be a fun thing to send out in your next newsletter. I have been concentrating on drawing this year and collecting ideas through travel. I am submitting a portfolio to enroll in a 13 week residential school in Italy early next year. Are you familiar with the Giotto school which operates out of a town close to Perugia? After that I will be going to spend time working with a friend who has a great studio in a small town in the north pre-alpi region. While in Vienna I saw an amazing collection of Kustav Klimt works gathered together for an exhibition at the Belvedere Palace to celebrate the liberation of Vienna after the occupation by the allies after WWII. Actually saw one of the amazing versions of the Adele Bloch Bauer portraits. I was in my element with the gilding. Your advice has been invaluable in my art practice and although I have pulled back on actual painting, I have concentrated on drawing and mixed media drawing as it is a lot easier when you are on the go away from a studio. I can take charcoal, oil pastels and a bottle of glazing medium everywhere and I actually do just that. Did you get to the Venice Biennale? There was an Agnes Martin there which was painted shortly before her death and was certainly a portent to her fate! I must admit I enjoyed the alternative exhibition much more than the main event and there were a lot of amazing installations around the city itself. We had the luxury of going back day after day exploring all the works in great detail. I absolutely LOVED the tampon chandelier but also the strange pod in the last hall which was interactive but every time we attended there was such a line to enter that we gave it a miss for the more important activity of a glass of wine in our favorite bar near the naval base. Anyway we had a wonderful time and I am really saving like mad to pay my own way for next year, so consequently I have had to get a JOB (horror) for two days a week, but you have to make sacrifices for art don't you. I really appreciate your encouragement, it has lead my art practice to newer levels and when I am a truly old lady I hope that the only regret on leaving this wonderful world will be finding someone who will appreciate my residual art supplies!!!!

...Lyn Williamson

### **feature article on developing creative practice: juicy research!!**

Research is a vital part of every art or creative practice. True... Its prevents artists block, it keeps one inspired, it keeps one up to date, and its not the awful chore it might sound like. Creative research is not the hard and dry research you might remember from previous incarnations as a student at school for instance. Creative Research is about immersing yourself in all the things that you know you are interested in, that you know you are passionate about! So its fun, and if its not fun your not doing it right!

As an artist doing research you get to look deeply into and examine, search out, collect, compare the stuff that makes you excited! This means doing things like pouring over art books! (not so hard)...sitting in cafes with friends talking over the quality and shortfalls of various exhibitions... reading inspiring biographies... collecting art! day dreaming! Listening to fabulous music! This is serious work, don't imagine its not, without it your practice will falter.

Then there's an even funnier part of taking what delights and excites and inspires you and learning from it, borrowing from it, working with it. There are basically two ways of proceeding here by engaging in some critical thinking, by comparing and contrasting...comparing how this painting affects you next to that one, which one do you think is a better work? Why? ..... and the contrast? what is the difference between this and that artists, work of art, idea, colour, scale, complexity, simplicity, audience? These two frames for thinking about research material sharpen your mind into looking at what you're doing in some depth, and this is very important if you want to expand your practice, develop it, go further with your work. It's this simple ...but just one small but very important thing, your research needs to be stored somewhere outside your head. After a very short while it will not be possible to hold the information you are considering inside, and there is no need to. Use an artists journal to record your ideas and inspirations ... get a big blank artist journal from the art supply store, and fill it to bursting with what excites you, delights you, intrigues you... get a small one for your bag or pocket, and keep adding ideas and thought to the big storage facility...your artists journal. Its like a tangible YOU that you can see and touch and engage with... and work from.

### **artists tips: research for creativity**

As discussed above research is the term given to a type of exploration that is both a source of inspiration and a road map to indicate the way ahead for those on any creative journey. The term can be used and thought of in two ways. In one research is both doing stuff, and secondly a collection of objects, a noun. We will look at these two aspects of research in a bit of detail to give you some ideas.

research is an ACTION that creative people DO to gather information and insights about themselves and their own unique interests and passions.

- It is:
- . finding out what inspires you
  - . going to art galleries, museums, concerts and really looking hard
  - . read the newspaper, novels- go to movies
  - . going to book stores and libraries and looking at books, buying books
  - . getting informed every way possible
  - . write in a special creativity journal, what you are learning and understanding
  - . writing in your journal about what your inspirations and goals are
  - . keeping a personnel journal to keep in touch with who you are
  - . talking to friends or other creative people and discussing particular issues
  - . keeping in touch with the big cultural, political and social events
  - . learning the history of your area of interest
  - . learning who's who in that area
    - . reading journals, if you find them too expensive to buy read them and photocopy articles from university libraries
    - . learn how to use the net and search for information on your area of interest
    - . decide who your favorite creative people are and decide why
    - . do lots of soul searching re who you in particular are
    - . increasingly trust and believe in yourself. Feel confident
    - . trying to eliminate all self doubt, self hatred and fear from your life. (it is possible)
    - . putting into practice what you are learning

. learn from other creative people, repeatedly, you do not have to reinvent the wheel.

research is also TANGABLE. In this context research consists of text and visual information

It is:

- . your collection of postcards, music, books, novels, poetry, criticism etc
- . your growing art/image/music/idea bank (photocopies will do)
- . your creative journal as a source of all that you are interested in
- . your bank of ideas, music, writing, images that you have created and are working on
- . specific materials, paint, pens, instruments that delight and inspire you
  - . collect creative objects, examples of what inspires you creatively
  - . and of course all your past and current work

## mentoring: artmilk mentoring for individual artists

artmilk mentoring is a unique service that assists artists to focus and develop their creative practices, solve problems they might be having both technical or conceptual, prepare portfolios, artist statements and other support material, supports in the process of obtaining gallery representation, applying for grants and scholarships, working with dealers and developing short and long term artistic goals. Mentoring for artists is a very efficient tool for those seeking professional creative development and launching rich artistic careers. artmilk also offers a portfolio of other art resources. You can find out more about artmilk mentoring by phoning Majena Mafe on 33531741 or email [info@artmilk.com.au](mailto:info@artmilk.com.au) or visit the website [www.artmilk.com.au](http://www.artmilk.com.au) for more information

## great web sites:

great Australian artist forum...  
<http://www.artforum.com.au/>

the big art prizes in Australia, fame & fortune!!  
[http://www.artgallery.nsw.gov.au/aboutus/art\\_prizes#sulman](http://www.artgallery.nsw.gov.au/aboutus/art_prizes#sulman)

## artist's on the web:

Louise Bourgeois  
[http://www.artcyclopedia.com/artists/bourgeois\\_louise.html](http://www.artcyclopedia.com/artists/bourgeois_louise.html)

Donna Wilson  
<http://www.donnawilson.com/>

Judith Scott – outsider artist a great video...  
[http://images.google.com/imgres?imgurl=http://www.slamdance.com/2006/festival/images/film\\_photos/Doc\\_Shots/RideOfTheMergansers\\_web.jpg&imgrefurl=http://www.slamdance.com/2006/festival/film\\_types.asp%3Ffilm\\_type\\_id%3D14&h=229&w=320&sz=10&hl=en&start=35&tbnid=i2HKje2xy\\_FkrM:&tbnh=80&tbnw=113&prev=/images%3Fq%3Djudith](http://images.google.com/imgres?imgurl=http://www.slamdance.com/2006/festival/images/film_photos/Doc_Shots/RideOfTheMergansers_web.jpg&imgrefurl=http://www.slamdance.com/2006/festival/film_types.asp%3Ffilm_type_id%3D14&h=229&w=320&sz=10&hl=en&start=35&tbnid=i2HKje2xy_FkrM:&tbnh=80&tbnw=113&prev=/images%3Fq%3Djudith)



[h%2Bscott%26start%3D18%26ndsp%3D18%26svnum%3D10%26hl%3Den%26lr%3D%26ie%3DUTF-8%26sa%3DN](#)

Orly Cogan... bit rude, embroidery

<http://www.orlycogan.com/>

**great books:** I get lots of my art books 2<sup>nd</sup> hand from [www.AMAZON.com](http://www.AMAZON.com) very cheap!!

**Louise Bourgeois: Drawings and Observations** Louise Bourgeois

**The Art of Possibility: Transforming Professional and Personal Life** by Rosamund Stone Zander and Benjamin Zander

**Zen and the Art of Motorcycle Maintenance: An Inquiry into Values**  
by Robert M. Pirsig

**The Creative Habit: Learn It and Use It for Life** by Twyla Tharp

**The War of Art: Break Through the Blocks and Win Your Inner Creative Battles** by Steven Pressfield

For heaps of art information [www.artmilk.com.au](http://www.artmilk.com.au) is the place to go...

If you or a friend would like to be added to this monthly newsletter list just drop me a line and I'll put up on...

or to send in your feedback or ideas... (all of it, really really welcomed and appreciated)  
or if you wish to unsubscribe...

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